Appendix

	Aerts	Barrett	Eils	Emery	Hewett	LaBella	Longo	McGuine	Pfeiffer	Sitler
Did the study report the % of potential participants who were excluded OR the characteristics of participants who were excluded?	YES	YES	YES	NO	NO	YES	YES	NO	NO	NO
Was the % of individuals participating, based on a valid denominator reported (not volunteers interested)?	YES	YES	YES	NO	NO	NO	YES	YES	NO	NO
Were the characteristics of the participants compared to non-participants or to the target population?	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO
Was a measure of the primary outcome with or without comparison to a public health goal reported?	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Was any within-group analysis conducted that allowed researchers to draw conclusions about how different sub-groups responded?	NO	YES	NO	YES	YES	YES	NO	NO	YES	YES
Did the study report the short-term attrition of targeted participants (%) AND differential attrition rates by participant characteristics or treatment condition?	YES	YES	YES	NO	NO	YES	YES	YES	NO	NO
Did the study report the % of potential settings that were excluded OR reasons for exclusions?	YES	NO	NO	YES	NO	YES	NO	YES	NO	NO
Did the study report the % of settings accepting participation? The denominator should not be volunteers indicating interest.	YES	NO	NO	YES	NO	YES	YES	YES	NO	NO
Were the characteristics of those settings choosing to participate and those unwilling to participate described?	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Was the % of perfect delivery or sessions completed reported (e.g. adherence or consistency)?	YES	NO	NO	NO	NO	YES	YES	NO	NO	NO
Did the study report the consistency of implementation across staff/time/settings/subgroups?	YES	NO	NO	NO	NO	YES	YES	NO	NO	NO
Was a measure of the primary outcome (with or without comparison to a public health goal) at >6 months after the final intervention by study's researchers reported?	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
TOTAL	10	6	4	4	2	8	7	5	2	2

Table 1. Characteristics of the Prevention Programs Attempting to Reduce General Lower Extreity Injuries in Basketball Athletes

Author (Date)	Study Design	Quality score	Participant Age, y	Sex	Competitive Level	Intervention	Volume	Total Player Seasons	Injuries	Odds Ratio (95% CI)
Emery (2007)[21]	Cohort	4	12-18	M: 464 F: 456	High school competitive	Basketball-specific balance training component	Daily; in-season	C: 426 I: 494	C:111 I: 106	0.78 (0.57,1.05)
McGuine (2011)[42]	Cohort	5	Mean = 16.0	M: 724 F: 736	High school competitive	McDavid Ultralight 195 Lace-Up Ankle Brace	Daily; in-season	C: 720 I: 740	C: 107 I: 77	0.67 (0.49,0.91)
Longo (2012)[36]	Cohort	7	C: Mean = 15.2 I: Mean = 13.5	All male	Elite precollegiate	Strength, balance, plyometric, and speed training	Daily; in-season	C: 41 I: 80	C: 10 I: 11	0.49 (0.19-1.29)
Aerts (2013)[1]	Cohort	10	Mean = 22.9-26.7	M: 99 F: 84	Competitive, multiple levels	Agility and plyometric training	2x/wk; in-season	C: 93 I: 90	C: 28 I: 18	0.58 (0.29,1.15)

C, control group; F, female; I, intervention group; M, male.

Table 2. Characteristics of the Prevention Programs Attempting to Reduce Ankle Sprain Injuries in Basketball Athletes

Author (Date)	Study Design	Quality score	Participant Age, y	Sex	Competitive Level	Intervention	Volume	Total Player Seasons	Injuries	Odds Ratio (95% CI)
Barrett (1993)[5]	RCT	6	Mean = 20.6	M: 522 F: 47	Collegiate intramural	High-top sneakers	Every competition	C: 158 I: 411	C: 4 I: 11	1.06 (0.33,3.38)
Sitler (1994)[67]	RCT	2	Mean = 19.3	All male	Collegiate intramural	Aircast Sports Stirrup	Every competition	C: 789 I: 812	C: 35 I: 11	0.30 (0.15,0.59)
Emery (2007)[21]	Cohort	4	12-18	M: 464 F: 456	High school competitive	Basketball-specific balance training component	Daily	C: 426 I: 494	C: 76 I: 62	0.66 (0.46,0.95)
Eils (2010)[20]	RCT	4	14-43	M: 103 F: 69	Players in highest-7th highest league in Germany	Static and dynamic balance training	1x/wk; in-season	C: 91 I: 81	C: 21 I: 7	0.32 (0.13,0.79)
McGuine (2011)[42]	Cohort	5	Mean = 16.0	M: 724 F: 736	High school competitive	McDavid Ultralight 195 Lace-Up Ankle Brace	Daily	C: 720 I: 740	C: 78 I: 27	0.31 (0.20,0.49)
Longo (2012)[36]	Cohort	7	C: Mean = 15.2 I: Mean = 13.5	All male	Elite precollegiate	Strength, balance, plyometric, and speed training	2-6x/wk at every training session	C: 41 I: 80	C: 2 I: 3	0.76 (0.12,4.74)

C, control group; F, female; I, intervention group; M, male; RCT, randomized controlled trial.

Table 3. Characteristics of the Prevention Programs Attempting to Reduce Anterior Cruciate Ligament Injuries in Basketball Athletes

Author (Date)	Study Design	Quality score	Participant Age, y	Sex	Competitive Level	Intervention	Volume	Total Player Seasons	Injuries	Odds Ratio (95% CI)
Hewett (1999)[25]	Cohort	2	14-18	All female	High school competitive	Plyometric, strength, agility training, and static stretching	3x/wk for 6 weeks; preseason	C: 189 I: 84	C: 3 I: 2	1.51 (0.25,9.20)
Pfeiffer (2006)[60]	Cohort	2	-	All female	High school competitive	Plyometric and agility training;	3x/wk for entire season	C: 319 I : 191	C: 2 I: 3	2.53 (0.42-15.28)
LaBella (2011)[32]	Cohort	8	mean = 16.2	All female	High school competitive	Plyometric, agility and strength training	Before every practice	C: 421 I: 416	C: 5 I: 2	0.40 (0.08-2.08)

C, control group; I, intervention group.